

MEDIA RELEASE

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Young mums to graduate from the Family Nurse Partnership

A celebration event on 3rd December will recognise the achievements of 24 young mothers under 20 years of age, who will graduate from Leicestershire Partnership NHS Trust's Family Nurse Partnership (FNP). The first-time young mothers have received one to one support from specialist Family Nurses since pregnancy over the last two and a half years, making the transition to parenthood whilst continuing with their education or employment and adopting healthier lifestyles for themselves and their children.

Chris Otway, Family Nurse Partnership Supervisor, said: "The Family Nurses work with young mums to help them to adapt to parenthood and we encourage them to continue with their education or employment, or support them at home if this is their choice. The programme provides mums with the best support in becoming a parent and to give their babies the best start in life. We are immensely proud of all the mums that have successfully completed two and a half years with the programme; they have managed to achieve so much for themselves and for their babies."

Chloe is a first time mother (aged 16 years) and her son, McKenzie, is almost two years old. They live with Chloe's mum and two siblings. Since having McKenzie she has gained 8 good GCSEs and is now studying a hairdressing course at college. She talks about the support she has received from the Family Nurse Partnership:

"Jo (Family Nurse) helped me with my anxieties and prepared me for what to expect. I've learnt about child development for example, which I wouldn't have known much about. Having McKenzie has helped me to focus on what I want out of life and what I want for him. Jo has really helped me look into what I wanted to do; she's helped me find the right course and sort out childcare. She's helped me to focus on the positive things in my life. It's been amazing to have that support."

The FNP service is provided by Leicestershire Partnership NHS Trust in the city of Leicester to first time young mothers who wish to take part. The team consists of seven nurses and a supervisor, that are trained to deliver a preventive programme on a one to one basis with young women aged under 20 in their own homes. Mothers have their own Family Nurse throughout the time they are on the programme. The Family Nurse works with them and with partners and grandparents if they wish to take part, from early pregnancy until their child is two years old.

Jo Lane, Chloe's Family Nurse says: "Chloe has made a very positive transition to parenting and has always been the main carer. Chloe's Mum is a loving support and is

aspirational for her children. McKenzie is a delightful, happy and thriving baby who is easily meeting his developmental milestones and has a very positive attachment to Chloe and the family. Chloe is an inspirational young woman and it has been a pleasure to work with her.”

These families will now transfer to their Health Visitor’s care to continue their parenting journey.

MEDIA OPPORTUNITY

Media interviews are invited to hear more about the service and speak to some of the mums that have graduated.

FNP graduation event will take place on Wednesday 3rd December, 11am-2pm at:

THE BEANSTALK NURSERY
2 Colton St
LE1 1QA

Councillor Vi Dempster will present certificates to mums who have completed the programme. Lunch will be provided and there will be the opportunity to meet our team and young mums in a relaxed atmosphere.

Notes to Editors:

Leicestershire Partnership NHS Trust (LPT) provides a range of health and wellbeing services mainly for people living Leicester, Leicestershire and Rutland. The Trust serves a population of one million, has a budget in excess of £282 million and employs approximately 5,400 staff. For more information visit www.leicspart.nhs.uk

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